

NATIONAL DAY OF PRAYER FOR THE LEGAL PROTECTION OF UNBORN HUMAN LIFE (22 JANUARY 2021)



OPPORTUNITIES AT OUR HOLY REDEEMER:

- Attend Mass at 5:00 A.M./7:30 A.M./12:10 P.M.
- Adoration of the Blessed Sacrament after the 12:10 P.M. Mass Until 9:00 P.M. Benediction
- Pray the Rosary for Life at 4:00 P.M. & 7:00 P.M.

OTHER WAYS TO PARTICIPATE:

- Pray the Stations of the Cross
- Pray the Divine Mercy Chaplet
- Fast - Limit Yourself to One Full Meal
- Abstain from Eating Meat
- Pray-Pray-Pray